HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

The County 4-H Public Speaking Contest has been moved forward to March 1 due to the problems we have had with scheduled practice sessions. Qualifying contests will be held during the week of February 13-17. These new dates will allow 4-H'ers more time to prepare and practice their speeches before the actual competition. 4-H Public Speaking in Appomattox is sponsored by Farmers National Bank.

* * *

Appomattox 4-H'ers will attend camp at Holiday Lake during the week of August 7-11 this summer. Camp cost will be $32.00 for the week.

* * *

The American Beekeeping Federation has announced a new contest for all 4-H members. A $250.00 cash award will be presented to the 4-H'er who writes the best essay on the topic "Pesticides and the Honey Bee."

Essays should be 750-1,000 words in length and may be typed or handwritten. All essays should be turned in to the Extension Office by March 24, 1978.

* * *

A reminder for our Senior 4-H'ers: Achievement Records deadline is January 30. Please call if you have questions about the records.

* * *

Glen Clowdis' 4-H Swine Project was selected as the top in the county this year and has been forwarded to Virginia Tech for State judging. The Virginia Purebred Swine Breeders Association makes special awards available to 4-H'ers who submit outstanding project records each year.

* * *

There are now seven community 4-H clubs in Appomattox County: Oakville, Concord, Evergreen, Mighty Four, Falling River, Lucky Clover and Appomattox Senior. Let us know if you're interested in joining one of these.

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UNDERSTANDING MENTAL HEALTH

a health column from the
Alcohol, Drug Abuse, and Mental Health Administration
U.S. Department of Health, Education, and Welfare

How To Get Help for Troubled People—Part II

Many people write to the National Institute of Mental Health asking for information about mental and emotional problems. These are some typical questions:

Q. Does therapy for mental and emotional problems always work?

A. Sometimes it does, and sometimes it doesn't. It depends on you and the therapist. You may not "click" with a particular person, and someone else—or some other method—may be more suitable for you. At a community mental health center or other treatment facility, you can ask for referral to another mental health professional or, if you prefer, you can call your local medical bureau or local department of mental health listed in the telephone book.

Q. Does a community mental health center treat children?

A. Yes, children's services are a very important part of any center program. Children usually respond very well to short-term help, if they are not suffering from a severe disorder. The family is often asked to participate when a child is being seen and would be consulted if long-term treatment is needed.

Q. I have an elderly parent who has trouble remembering even close members of the family. He is still quite active physically—and has wandered off a number of times. Could someone help me with this?

A. A staff person at a community mental health center could advise you about ways to best care for your parent.

Q. Are community mental health centers the only place to go for help?

A. No, indeed. There are alternatives. Many mental health programs operate independently. These include local clinics, self-help organizations such as Recovery, Inc., gatherings for group therapy sessions, family service agencies, private psychiatric hospitals, and other programs. You may contact your local mental health association to learn about various services available in the community.

Q. I have a friend who says he could use some professional help, but he is worried about keeping it confidential.

A. He needn't worry. Medical records are never released without the patient's written permission.

Q. Suppose I go ahead and visit a center. What kinds of treatment are available there?

A. Someone at the center, who has been specially trained, will direct you to the best form of treatment for your needs. Sometimes, joining in with a group of people who have similar problems is best; at other times talking individually to a therapist is the answer.

Q. Do emergency cases wind up as long-term patients in mental hospitals?

A. Not usually. Mental hospitals are mainly for the severely ill. That's only a small percentage of the people who are being treated. In the past, when there were no helpful drugs and psychotherapy was unknown, a lot of merely eccentric people were locked up in mental institutions for the rest of their lives. It's different today. Mental health professionals believe that the troubled person who readjusts best to the world is the person who continues to live in the world and not in a hospital ward when he doesn't need hospitalization. That's why community mental health centers stress the importance of having different services available — day care, night care, weekend care, and help through regular visits to an office and clinic.

WHY YOUR FIRST CIGARETTE SHOULD HAVE BEEN YOUR LAST

Remember the first time you smoked a cigarette? You coughed and probably gagged. Most likely, you had more fun trying not to get caught than you actually had smoking.

Smoking cigarettes ranks high among exciting risks you take when you are young. But that marvelous feeling of taking a chance – of rebelling against authority does not last forever. As you grow older and continue to smoke, you're still taking risks, but the game isn't quite as exciting . . . this is *real* life, and you are playing with yours.

Smoking is dangerous to your health. The warning appears on every pack of cigarettes, but today's teenagers are ignoring it. In recent years, the percentage of adolescent smokers has risen sharply.

Persons who started smoking twenty years ago were not aware of the dangers of smoking, since smoking statistics had not yet been compiled. Now it is too late for many of them. They have become numbers – victims of heart attack, cancer and lung disease.

Today, health experts have statistics and proof that cigarette smoking can lead to disease and death. A man who smokes a pack of cigarettes a day has twice the risk of heart attack as a non-smoker, reports the American Heart Association, an authority on the subject of heart and blood vessel disease. It emphasizes that health risks are even greater when smoking is combined with high blood pressure and high levels of cholesterol in the blood.

By never beginning cigarette smoking, you are avoiding your chances of ever having a heart attack. "But, if you quit today, your chances of suffering a heart attack or stroke may be no greater than that of a non-smoker," an American Heart Association spokesman explained. "Damage to the heart and lungs can be repaired by the body itself, even after many years of smoking. In time, your mortality risk declines to the level of a non-smoker.

"Most people who smoke cigarettes have tried to quit at one time or another. But, after smoking for several years, one has more difficulty quitting," she said.

You can make life easier for yourself by never beginning to smoke. Or, you can choose to smoke regularly. It may be a few years, but sooner than you think, you will be trying to quit.

Remember the last time you smoked a cigarette? Do yourself a favor and make it your last cigarette – ever. Call your local Heart Association if you need help to stop smoking. They have established smoking withdrawal clinics across the U.S., made possible through personal contributions. They are fighting for your life.

Adding Machine Tape, Cash Register Tape, Masking Tape, Scotch Tape - We have it all at THE TIMES - VIRGINIAN. Call 352-5215.

Can't Keep It Together? See Us For Elmers Glue, Carter Paste, Glue Stick The Times-Virginian

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Appomattox, Va.

BIBLE BAPTIST CHURCH
Appomattox, Va.
Earnie W. Lucas - Pastor
Sunday School - 10:00 A.M.
Morning Worship - 11:00 A.M.
Church Hour - 6:45 P.M.
Evening Worship - 7:30 P.M.
Prayer Meeting - 7:30 P.M.
Puritan Pulpit - 9:00 A.M.
(Daily On W.T.T.X.)
"The Church Designed With Your Family In Mind"

ATTENTION ADULTS

ADULT EDUCATION PROGRAM FOR APPOMATTOX COUNTY
(All Classes Are To Be Taught By Qualified Instructors
And Are Sponsored By The Appomattox County School Board)

REGISTRATION - By Phone: Call 352-8253
By Mail: Return Form Below

SECOND SEMESTER CLASSES - 1978

COURSE	TIME	CLASS BEGINS	LENGTH OF COURSE	COST	LOCATION
Adult Basic Education					
Adult Basic Class (Classes for adults who did not finish High School and who desire to work toward securing the State Equivalency Certificate)	Tu & Th, 7:00-9:30 p.m.	Class continues from first semester. Persons may enroll for the remainder of the class.		FREE	Adult Education Center at Appomattox Elementary School
General Adult Education					
Art (Drawing & Painting)	Tuesday, 7:00-9:30 p.m.	Tuesday Jan. 31	30 Hours	$15.00 plus cost of materials	ACHS Art Department
GED Review Class (for adults who want to take the high school equivalency examination)	Tu & Th, 7:00-9:30 p.m.	Tuesday, Jan. 31	55 Hours	$20.00	ACHS, Room - 303
Physical Education (Men)	Mon & Th, 7:00-9:00 p.m.	Thursday, Feb. 2	44 Hours	$7.50	ACHS Gym
Physical Education (Women)	Monday, 7:00-9:00 p.m.	Monday, Jan. 30	30 Hours	$5.00	AMS Gym
Vocational and Technical					
Bricklaying	Tu & Th, 7:00-9:30 p.m.	Tuesday, Jan. 31	30 Hours	$15.00	ACHS Masonry Department
Farm Machinery Repair (Appomattox)	Tu & Th, 6:30-10:00 p.m.	Jan. 17	105 Hours	$5.00 Plus cost of materials	AMS Vo-Ag DEpt.
Farm Machinery Repair (Pamplin)	Monday, 6:30-10:00 p.m.	Monday, Jan. 16	70 Hours	$5.00 plus cost of materials	Shop, Pamplin Elementary School
Sewing, Beginning	Thursday, 7:00-9:30 p.m.	Thursday, Feb. 2	30 Hours	$10.00	ACHS Home Ec. Dept.
Sewing, Intermediate and Advanced	Thursday, 7:00-9:30 p.m.	Thursday, Feb. 2	30 Hours	$10.00	ACHS Home Ec. Dept.
Typing, Beginning	Tu & Th, 7:00-9:00 p.m.	Tuesday, Jan. 31	54 Hours	$15.00	ACHS Business Education Dept.
Typing, Advance	Tu & Th, 7:00-9:00 p.m.	Tuesday, Jan. 31	54 Hours	$15.00	ACHS Business Education Dept.
Upholstery	Thursday, 7:00-10:00 p.m.	Thursday, Feb. 23	30 Hours	$10.00	Home Economics Dept. ACHS
Woodworking	Tuesday, 7:00-9:30 p.m.	Tuesday, Jan. 31	25 Hours	$10.00 plus cost of materials	ACHS, Vo-Ag. Dept.
Small Engine Repair	Mon & Thur. 7:00-10:00 p.m.	Thursday, March 2	24 Hours	$10.00	ACHS Vo-Ag Dept.
Adult Farmer Evening Class (Pamplin)	Thursday, 7:30-9:30 p.m.	Thursday, Jan. 26	20 Hours	FREE	Library, Pamplin, Elemen. School
Young Farmers (Young men 18-35 years of age)	Contact Vocational Agriculture Department at ACHS for information concerning this class - Phone 352-7146				
Young Homemakers (Young women 18-35 years of age)	Contact Home Economics Department at ACHS for information concerning this class - Phone 352-7146.				
OSHA Seminar for Local Merchants	Tuesday 7:00-10:00 p.m.	Tuesday April 11	3 Hours	$2.00	ACHS DE Department
Bad Check Prevention Clinic	Tuesday 7:00-10:00 p.m.	Tuesday Jan. 31	3 Hours	$2.00	ACHS DE Department
Advertising	Thursday, 7:00-10:00p.m.	Thursday, April 20	15 Hours	$7.50	ACHS DE Department
Interior Decoration (introduction)	Thursday, 7:00-9:30 p.m.	Thursday, February 23	15 Hours	$5.00	ACHS, Home Economics Dept.

NOTE:

1. Appomattox County School Board reserves the right to cancel a class if less than ten (10) persons enroll for a class.
2. Enrollment fees to be collected by instructor at first class meeting.
3. Persons are to pre-register for a class by calling 352-8253 during the hours of 8:30 - 5:00, or by mailing the registration form below.
4. Persons interested in a class not offered, please contact R. B. Carter, Adult Education Coordinator, at 352-8253 and give information about class desired.

REGISTRATION FORM

Mr.
Mrs.
Please enroll Miss _____ in the following course
First Middle Last
_____ Telephone number _____
Course Name
and address of enrollee _____

Mail to: Adult Education Coordinator
Appomattox County School Board
P. O. Box 548
Appomattox, Virginia 24522

REGISTER FOR DAY CLASSES
BEGINNER'S CAKE DECORATING
JANUARY 24 - 10:00 A.M.
JEN'S PARTY SHOP
N. Church St. - Appomattox, Va.
PHONE 352-2121

YOU- AUTO BUY HERE

1971 FORD
Mustang - Yellow - W/Green Seats - Automatic - Power Steering - Low Mileage

1973 Chevrolet
Impala - 4 Door Sedan - Blue W/Blue Interior - Air Conditioned - Automatic - Low Mileage

1972 Chevrolet
Impala - 4 Door Hard Top - Green W/Green Vinyl Top - Green Cloth Seats - Air Conditioned - Automatic - Power Steering - Low Mileage - Only 40,000.

1976 CHEVROLET
Caprice - 4 Door Sedan - Red W/Black Vinyl Top - Black Knit Cloth Seats - Cruise Control - AM/FM Radio - Low Mileage

1975 CHEVROLET
Caprice - 4 Door Hard Top - Blue - Blue Vinyl Top - Blue Cloth Seats - Power Windows - Power Seats - Cruise Control - Only 22,000 Miles

1973 FORD
Torino - 2 Door Coupe - Green W/Green Vinyl Seats - Automatic - Power Steering - Air Conditioned

1973 CHEVROLET
Caprice - 4 Door - Beige W/Beige Vinyl Top - Beige Cloth Seats - Positraction Axle - AM/FM Radio - Air Conditioned - Low Mileage

1972 CHEVROLET
Impala - 4 Door Hard Top - White - W/Green Top - Green Trim - Air Conditioned - AM/FM Radio - Very Clean Car - One Owner

1975 FORD
Elite - Blue W/Blue Vinyl Top - Blue Vinyl 50/50 Seats - Air Conditioned - Wire Wheel Covers - AM/FM Radio - Low Mileage - Like New

1972 OLDSMOBILE
Tornado - Beige W/Brown Vinyl Top - Brown Leather Upholstry - Power Windows - Power Seats - Power Door Locks - Tilt Steering - AM/FM Stereo W/Tape

1975 CHEVROLET
Belair Station Wagon - Blue W/Blue Vinyl Seats - Air Conditioned - New Tires - AM Radio - Power Tailgate Window

1972 PLYMOUTH
Barracuda - 2 Door - Orange W/White - Vinyl Seats - Automatic - Air Conditioned

— TRUCKS —

1977 CHEVROLET
Scottsdale - 8 Ft. Fleetside - Silver & Red W/Red Vinyl Trim - Automatic - Power Steering - Air Conditioned - Low Mileage - 350 4 BBL - V-8

1974 CHEVROLET
Custom - Green - White - Automatic - 350 V-8 - New Recap Tires - Step Bumper

Moses Motor Co.
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THEN & NOW!

By Frances H. Paulette

"There Was A Tavern In This Town"

The Red House Tavern As It Looked THEN

There once was a tavern in this place,
In the fork of the road it stood,
Folks came by from far and near,
The liquor and lodging was good!

A house that was painted solid red,
Or so the people say,
So, 'Red House' became the community name -
It's still called that today.

If I should tell you that the place about which I am writing this week once had a practicing lawyer with a degree from Harvard University, a tavern, and cock-fights on Saturday afternoons, could you name it? Of course, all of these things, and more, happened in the by-gone days way back THEN.

Traveling South from Appomattox on Highway 727, in just a little while you will come to an intersection and a sign; it reads, "Red House". Population? Uncertain. While the population may be uncertain in quantity, it is excellent in quality!

Red House today is a quiet place with three stores, two churches, a post office and people who enjoy rural life at its best.

You are familiar with the old song, "There Is A Tavern In This Town"; if you had been living in the Red House Community in 1813 you could have sung that song with absolute accuracy. There was indeed a tavern in Red House; part of it still stands. The homes of Mr. and Mrs. P. G. Reynolds and Mrs. Frank Jones and the late Frank Jones are part of the tavern. It was located where the Reynolds home is now located and part of it was sold and moved across the road, remodeled and is now the Jones home. In fact, there were a lot of things at "The Red House."

'The' Red House? But of course! It all began with a "THE" in front of the community name. It seems there was one house painted solid red and the people quickly began identifying the community as 'The Red House'. As time passed, other houses were painted red in keeping with the name and gradually the name became Red House.

Martin Hancock, a contractor, ran wagon trains, moving people westward. On one such trip the train of wagons had a breakdown in or very near the community of Red House. When Hancock and his people were forced to interrupt their journey until the wagons could be repaired, they took a good, long look at the community, and they liked what they saw. The land was cheap; timber, tall and plentiful; water, pure and in good supply.

Being an enterprising man of substantial means, he quickly recognized the potential in this community. Without wasting time, he bought up 16,800 acres of land at .25 an acre. On this land he developed an impressive plantation on which he built a tavern among other things.

I don't know what rates were charged by the inn-keeper, but I am sure they were in keeping with the rules laid down in the Court in Charlotte County in 1765. The records of the Court Action read as follows:

"Court met on March 4, 1765 in Charlotte County; the first action of the court was to set and state the price of liquor, diet and lodging as follows:

West Indian Rum, 10 shillings per gallon; New England Rum, only 8 shilings a gallon; Good Virginia 'Cyder' (note spelling) 4 pence a quart; Apple Brandy, 6 shillings a gallon; Breadfast was 8 pence; oats for the horses was 4 pence a gallon; lodging tor the night, with clean sheets, was 6 pence.

You can easily see that the tavern at Red House offered only the finest accomodations. Not only was the food, liquor, lodging the best available, but at Red House way back THEN, they boasted a lawyer, Nobel Snell, a graduate of Harvard University who had established practice at Red House.

Had one indulged a bit too heavily in 'Good Virginia Cyder' or downed one too many drinks of Apple Brandy and as a result needed the services of a doctor in order to recuperate, they were available too.

I don't have an accurate record of just when the doctors were serving in the area but there were many and they included Dr. Bezer Snell and his son, Dr. Joseph Snell, Dr. Jones, Dr. Chalmers, and Dr. Walker. At one period in time there was also a dentist practicing in Red House. I have heard the story that when he extracted a tooth, Dr. Williams would rub oil of peppermint on the gums before taking out the tooth; and we talk about dreading a trip to the dentist now!!

When going to the store in the days of THEN, the man of the house had to carry from home his bottle for the liquor he would purchase and likewise the lady of the house would have to carry her jar for molasses.

Prior to the Civil War, every able-bodied man had to serve in the County Militia until he reached age 40. It was on Saturday mornings, once a month that the men would meet to drill. Each group had a different name; the group meeting at Red House was called "Home Guards". The women would often accompany them and visit or shop while the men participated in the drill. In the afternoon there was a preaching service in a nearby church.

For those individuals who for some reason or other did not feel inclined to attend the preaching service at the church, there were other attractions! Cock-fights!! It seems that betting on the roosters created quite a bit of interest in those days. It would be interesting to know just which gathering had the greater number in attendance, the church or the fights!!

At one time were was a Counting House in Red House. What is a Counting House? Something like a bank, but not quite. A gentleman named Armistead, quite well-off it seems, made available money to those persons needing a loan, with suitable interest, of course. It was this Mr. Armistead who ran the Counting House.

A good community NOW? Of course, but a good community THEN too. Just a bit more lively, wouldn't you agree?

The next time you drive through Red House, slow down a bit, let your imagination run wild, and conjure up a story of The Red House THEN - - - quite a place!

* * *

I am deeply indebted to Mrs. P. G. Reynolds of Red House for the loan of her picture and to Miss Julia Asher and John Hunter for information they provided in order that I might do this article. Thanks a million!

Over 24 million Americans have high blood pressure. More than seven million don't even know it. A simple test by your doctor will tell you for sure if you have high blood pressure. Untreated, high blood pressure can lead to stroke, heart attack, kidney and heart failure.

Give to the American Heart Association. They're fighting for your life.

ROCKS

JAN. 16 - It was frigid winter weather last week. Many had frozen pipes and without electricity. We don't realize the loss of power could mean until we don't have any TV, no furnace, no electric blanket, no refrigeration and no lights. We were thankful for the service people who had to work very hard.

Quite a few called to see Mrs. Bettie Ranson, who is sick.

Mrs. Grace Welch, of Pamplin, entered Lynchburg General Hospital last week. A speedy recovery is wished her.

A good number came out for the Wednesday night service. It was very cold.

Several from Rocks attended the funeral of the loved one of Rev. and Mrs. A. M. Taylor and family in Richmond on Thursday afternoon.

Our sympathy is extended to Ernest McIntosh and family in their loss last week.

Mrs. W. B. Ranson went back to the hospital in Richmond last Tuesday for another treatment. Glad to know she is back home. Our prayers are with her.

The men will have breakfast at Rocks on Sunday morning. Jan. 22.

A number attended the wedding of June Chandler and Ricky Allen at Elon Church on Saturday afternoon.

Frank Ramsey of Pamplin entered Lynchburg General Hospital Sunday morning. He is a brother-in-law of Mrs. Edith Shelton. Get well wishes go out to him.

The Pastors' Conference will meet at Calvary Baptist Church Monday, Jan. 16.

Haskins Almond, of Lynchburg, was in the neighborhood hunting during hunting season.

Mr. and Mrs. Walter Ranson were in Pamplin awhile Saturday afternoon.

Lisa Mitchell, of Appomattox, who enlisted in the army last Monday, is at her home sick with the flu. A speedy recovery is wished her.

Get well wishes go out to Wiley Richardson, who had surgery last week.

No schools in Appomattox County today (Monday). Children can enjoy sleigh riding.

Sunday School and Preaching Services were held at Rocks Sunday morning in spite of the icy roads. There was a good attendance. No night service was held.

Trooper Rodney and Annie Roach and daughter, Annie Marie, of Lovingston, were supper guests of his parents, Mr. and Mrs. R. E. Roach, of Pamplin, Saturday night.

DIAL
GOOD NEWS
352-7900
LIBERTY BAPTIST CHURCH

Eating Well

Cause of Obesity May Be More Than Calories

Why does a person become obese? The usual answer is that obesity is caused by an intake of calories beyond the need of the body for energy. This statement tends to over simplify the problem, however. The reasons for obesity are many and complex, and include genetic as well as environmental factors. Eating too much may be a result of family custom of using high-calorie foods, or maintaining irregular habits of eating (which may include snacking all day on sweets).

As we get older we need fewer calories. Many people tend to gain weight throughout life because they fail to adjust their appetites to the reduced energy requirement. Eating may also provide us with psychological support. Often we eat when we are bored, feel lonely, or need an excuse to avoid the realities of life.

At present reasearchers believe that there may be a connection between overfeeding in infancy, and obesity in adult life. Studies show that dietary patterns developed in infancy are carried throughout life-childhood overfeeding may lead to adult overeating. Another theory is that excess food in infancy may cause the child to produce a larger number of fat cells.

Before going on any diet you should first check with your physician. If you are on a diet and would like to change some of your food habits here are a few tips.

1. Eat at least three meals per day: include some protein food-milk, meat, cheese, eggs-in each meal.
2. Read food labels. Many products list calories per serving on the label. This information will help you select foods which can increase the variety on your diet without adding many calories.
3. Raw vegetables such as carrots, celery, lettuce, green pepper help satisfy an "empty stomach" rather than concentrated calories, such as fat, alcohol, or sweets.
4. Alcoholic beverages stimulate the appetite and should not be used as a substitute for foods.
5. Bake, broil, or boil foods without adding fat. Avoid frying foods where possible.
6. Use herbs and spices for seasoning foods rather than fattening cream sauces and gravies. For flavoring foods without excess calories try using Terragon vinegar, lemon juice, lime juice, or horseradish.
7. Use a salad-sized plate instead of a dinner plate for meals. It will make your food portions seem larger.
8. Cut food into small bites and eat slowly! This will make your food last longer. Even try putting your fork down between bites.
9. After meals drink coffee or tea in a location away from the table. Avoid nibbling after a meal. There is a 20-30 minute delay after eating before you will feel satisfied.
10. Brush your teeth after meals. The leftover taste of food in the mouth can stimulte the appetite.
11. Plan menus in advance. When you grocery shop buy only the items needed. Plan ahead! If you have a big dinner or an evening party scheduled, have a very light lunch, or eat less the day before or the day after. Try, where possible, to select the foods permitted on your diet.
12. If your physician approves, exercise moderately each day.
13. Develop interests that don't involve food such as sports, hobbies, social volunteer work. Interest in a new activity can decrease interest in food.

STONEWALL

"For whosoever shall call upon the name of the Lord shall be saved." Romans 10:13

Rev. and Mrs. Edgar Mitchell are both very sick with the flu.

The Bill Roope family has flu.

There were 74 at Hebron Sunday morning. A nice crowd for such a bad day.

Mrs. Bert Stratton had flu over the week end.

Mr. and Mrs. Ben Wheeler, and Ronnie Jones visited Mr. and Mrs. I. B. Wheeler Sunday.

Mr. Hugh Braford is ill at McGuire Hospital. Mrs. Bradford spent the day with him Saturday.

Mrs. Wilton Routon is doing fine.

Mr. Crawford and Mr. Osborne Davidson are both on the sick list.

Everybody stay home and keep warm is my best advice.

Forum On Energy Problems

A two day Forum on the Future of Virginia Agriculture which will focus on energy problems and their effect on agriculture, will be held at the Ramada Inn, U. S. 29 North, Charlottesville, on Feb. 21-22.

Extension agent Jim Smith of Appomattox said this conference will provide a chance for farmers and agribusiness leaders to gain practical and useful information to help them better understand issues associated with assuring continuing energy supplies for agriculture.

Leaders of consumer organizations and other interested individuals are also invited to attend, said Smith.

Knowledgeable speakers will present such topics as: Political, Economic and Social Issues Associated With the Energy Problem; Coal as a Future Energy Source; Nuclear Power; Tradeoffs: Evaluating Alternative Energy Sources; and Virginia's Adjustment to the Present Energy Situation.

The extension agent commented that American agriculture has become very energy intensive and therefore must rely heavily on a continuing source of energy. The rapid adoption of new technology in agriculture since World War II has made the American farmer the most productive in the world; it has also made him most dependent on fossil fuels.

Sponsors of this event are the Extension Division at Virginia Tech; the Virginia Agribusiness Council; and the Virginia Farm Bureau Federation.

Further information may be obtained by contacting your local extension office.

Heart attack and stroke will kill about 850,000 Americans this year. Thousands of these deaths could be prevented by knowing and recognizing the early warning signals. Ask your local Heart Association.

High blood pressure won't "just go away." It can lead to heart attack or stroke. See your doctor and follow his advice.

Ask your Heart Association and give generously. We're fighting for your life.

GRAGG'S INCOME TAX & BOOKKEEPING SERVICE
★ RELOCATED
*See Insert To 111 Lee-Grant Ave. Appomattox
Complete Income Tax And Bookkeeping Service For Individual, Farm, And Business Returns.
New Hours Effective January 9, 1977
Mon. - Fri. - 9:30 A.M. - 7:00 P.M.
Saturday 10:00 A.M. - 5:00 P.M.
Phone 352-5522
For Appointment

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Crews Garage & Auto Parts
Rt. 646 - Concord, Va. - 993-2782 - Call Gary
10% Discount On Total Bill For Any Work Done During Month Of January 1978
One Day Service On Any Parts We Do Not Have In Our Stock
Bring This Coupon For discount
Gates Autolite AC Fram Trw Borg Warner
COUPON COUPON

JANUARY Clearance SALE
MEN'S
SUITS, SPORT COATS, & DRESS SHIRTS ⅓ OFF
SLACKS, SPORT SHIRTS, SWEATERS, SWEATER SHIRTS, VELOUR & CHAMOS CLOTH SHIRTS, JACKETS & GROUP OF DRESS & SPORT SHIRTS ½ Price
Our Best CORDUROY SLACKS 20% Off
CORDUROY COATS & SPORT COATS $19.99
FLANNEL SHIRTS Reg. to $11 $6.99
LADIES:
DRESSES, JUMPSUITS, HALF-size DRESSES, JUNIOR DRESSES, JUNIOR & MISSES SPORTSWEAR ½ Price
Jantzen, Personal, Devon SPORTSWEAR SWEATERS, ALL-PURPOSE COATS ⅓ Off
CORDUROY JEANS Reg. $22 $12.99
All winter stock must go; new sale items added.
Items regrouped and repriced; not all sizes are available— If you can find yours, WHAT SAVINGS!!
The Clothesline
Triangle Plaza - Appomattox

The FISHER WOODSTOVE
Live Demonstration
This Friday 8 a.m. - 5 p.m.
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